

DAFTAR PUSTAKA

- Ansori, M. 2011. *Pengertian Squat Jump*, <http://suzaridian.blogspot.com/2009/03/hukuman-bagi-atlet-pingpong-dadakan-di.html>, diakses tanggal 20 Februari 2016
- Arikunto & Suharsimi. 2006. *Prosedur Penelitian Suatu Pendekatan Praktik*. Jakarta: Rineka Cipta.
- Avery. 2007. Effects of a Short-term Plyometric and Resistance Training Program on Fitness Performance in Boys Age 12 to 15 years. *Journal of strength and conditioning research*.
- Brandon, R. 2006. *Power Training: How contrast power training maximizes Performance*. <http://www.pponline.co.uk/encyc/0603.htm>. diakses 12 April 2016.
- Chabut, L. 2009. *Core Strength For Dummies*. Canada : Wiley Publishing, Inc., Indianapolis, Indiana.
- Chhaya, V., Lakshmi, S., & Vijaya, K. 2014. *Effect Of Plyometric Training On Vertical Jump Height In Highschool Basketball Players*: Mumbai
- Chu, D., Faigenbaum, A., & Falkel, J. 2006. *Progerssive Training For Kids*. Monterey: Helth training. [http://wengayo.blogspot.com/2010/06/analisis biomekanika-pada gerakan.html](http://wengayo.blogspot.com/2010/06/analisis-biomekanika-pada-gerakan.html).diakses 7 Februari 2016.
- Dayan, A.T. 2011. *Hubungan Antara Berat Badan dan Tinggi Badan dengan Hasil Lompat Jauh Siswa Putra SMA Islam Almaarif Singosari Malang*. Malang : Program Studi Ilmu Keolahragaan Fakultas Ilmu Olahraga Universitas Malang.
- Faidlullah, H.Z. 2009. *Pengaruh Latihan Pliometrik Depth Jump dan Knee Tuck Jump Terhadap Hasil Tendangan Lambung Atlit Sepak Bola Pemula di SMP Al-Firdaus Surakarta*. Surakarta: Program Studi D IV Fisioterapi Fakultas Ilmu Kesehatan Universitas Muhammadiyah Surakarta.
- Harre, D. 2008. *Principles of Sport Training Introduction to The Theory and Methods of Training*. Berlin: Sport Verlag.
- Kahle, N. 2009. *The Effects of Core Stability Training on Balance Testing in Young, Healthy Adults*.USA: AmericanPhysical Therapy Association.
- Kibler, B., Joel., Press., & Aaron, S. 2006. *Sport Medicine : The Role Of Core Stability in Atheletic Function*. Illinois: Rehabilitation Institute of Chicago.

- Kolt, S.G., & Mackler, L.S. 2007. *Physical Therapies in Sport and Exercise*. China: Elsevier Health Sciences.
- Kotzamanidis, C. 2006. Effect of Plyometric Training on Running Performance and Vertical Jumping in Prepubertal Boys. *Journal of Strength and Conditioning Research*.
- Kutz, M. 2010. Theoretical and Practical Issues for Plyometric Training. *NSCA's Performance Training Journal*.
- Leong, J.C.Y., & Jupiter, J. 2007. *Orthopedic Rehabilitation Assesment and Enablement*. Germany: Springer.
- Lubis, J. 2009. *Mengenal Latihan Pliometrik*. <http://www.koni.or.id>. diakses 26 Maret 2016
- Maulana, D. 2011. *Efek Penambahan Core Stabiltiy Exercise Pada Latihan Shuttle Run Terhadap Peningkatan Agility Pada Pemain Futsal*. Jakarta : Program Studi D IV Fisioterapi Fakultas Ilmu Kesehatan Universitas Esa Unggul
- Marikrar, S. 2012. *Fitness Make it Harder Plank* <http://www.womenshealthmag.com/fitness/make-it-harder-planks>
- Markovic, G., Jukic, I., & Milanovic, D. 2007. *Effects of Sprint and Plyometric Training on Muscle Function and Athletic Performance*. J Strength Cond Res.
- Matavulj, D., Kukolj, M., Ugarkovic, J., Tihanyi, J., & Jaric, S. 2001. Effects of Plyometric Training on Jumping Performance in Junior Basketball Players. *Journal of Sports Medicine and Physical Fitness*.
- Melky, P., Fredrik, A., & Makadada. 2008. Korelasi Daya Ledak Tungkai dengan Prestasi Renang 50 Meter Gaya Bebas dalam Forum Pendidikan. *Jurnal Ilmiah Pendidikan Vol.4, No.1, April 2008* dalam <http://isjd.pdii.lipi.go.id/admin/jurnal/4108103109.pdf>. diakses 17 Februari 2016.
- Nisrina. 2009. *Manfaat dan Bahaya Squat Jump* <http://nisrina.co.id/blog/manfaat-dan-bahaya-skot-jump/> diakses 8 April 2016.
- Nossek, J. 2002. *General Theory of Training*. Nasional Institut for Sport. Pan Afrika: Press. Logos.
- Quinn, E. 2007. *Fast and Slow Twitch Muscle Fibers. Does muscle type determine sport ability?*

[http://sportsmedicine.about.com/od/anatomyandphysiology/a/Muscle Fiber Type.htm](http://sportsmedicine.about.com/od/anatomyandphysiology/a/Muscle_Fiber_Type.htm), diakses 14 maret 2016.

Radiclife, J.C & Farentinous, R.C. 2002. *Power Training for Sport, Plyometrics for Maximum Power Development*, Coaching Association of Canada, Canada.

Rahmadhika, P. 2015. *The Theories of Core Stability*.
<http://Fisiofirman.blogspot.com>, diakses 17 Februari 2016

Rubenstein, I. 2005. Editors : *Exercise Ideas for core strengthening*. Wasington: fisual healte information.

Santosa, D. 2015. Pengaruh Pelatihan Squat Jump dengan Metode Interval Pendek Terhadap Daya Ledak (Power) Otot Tungkai. *Jurnal Kesehatan Olahraga* Volume 3 No. 1 Tahun 2015. Universitas Negeri Surabaya.

Salmond, A. 2011. *Exercise of the Month for March - Shoulder Bridge Prep with Leg Extension*.

Sohiron. 2009. *Analisis Teknik-teknik dalam Cabang Olahraga Bola Basket*. Pendidikan Jasmanai Kesehatan dan Rekreasi Fakultas Ilmu Keolahragaan Universitas Negeri Yogyakarta.

Subarjah, H. 2012. *Dasar-dasar Kepelatihan*. Jakarta : Departemen Pendidikan Nasional.

Sudaryanto & Erna. 2009. *Perbedaan Pengaruh Quadriceps Bench Exercise antara Beban 5 RM dan 10 RM terhadap Peningkatan Daya Ledak Tungkai* . Makassar : Ikatan Fisioterapi Makassar.

Sukadiyanto. 2002. Pengaruh Pelatihan Squart Jump dengan Metode Interval Pendek Terhadap Kecepatan Lari. *Jurnal Kesehatan Olahraga Vol. 3 No. 1 Tahun 2002*. Universitas Negeri Surabaya.

Wilke, J., Krause, F., Vogt, L., & Banzer W,. 2005. What is evidence-based about myofascial chains? A systematic review, *Archives of Physical Medicine and Rehabilitation*. Germany : Goethe University Frankfurt/Main, Department of Sports Medicine

Wilmore, H.J., Costill, D.L., & Kenney, W.L. 2008. *Physiology of Sport and Exercise, (4thEd)*. Champaign, IL. Human Kinetics.